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PRESEASON PLANNING

notes

Use this template to get ready for the season ahead. Outline your goals, map out your schedule, and list key resources to set yourself up for success this fall semester.

Goals for the School Year & Fall Semester

List your top academic, athletic, and personal goals for the upcoming school year and fall semester:

- _____
- _____
- _____

Self-Care & Recovery

Plan some rest, nutrition, mental health activities that you can quickly reference and accomplish during the next few weeks:

- _____
- _____
- _____

Key Resources & Contacts

List important people and resources you can reach out to during the semester (e.g., coaches, academic advisors, tutors, trainers).

NAME/ROLE	PHONE / EMAIL

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Week at a Glance

Here you can write down your weekly practices, trainings, classes and study times. Make it easier on you by listing locations and times – but also what you need to bring or even key people who will be there!

MON	TUE	WED	THU	FRI	SAT
					SUN

GIVING STUDENT-ATHLETES THE TOOLS TO BE UNBEATABLE.

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notes

Calendar

Here is a blank calendar for the first six weeks (or any six weeks!) of your academic year.
Fill it out with any important days you need to remember!

MON	TUE	WED	THU	FRI	SAT/SUN
					/
					/
					/
					/
					/
					/